

B	I	N	G	O
Use a budget book/planner	Aromatherapy	Get 7-9 hours of sleep	Take a walk	Self Care
Do puzzles	Think about happy memories	Stress Ball	Breathing Retraining	Talk to staff about needs & concerns
Write in a journal	Cooking	FREE	Pray	Read
Talk to a friend/family 2-3x a week	Say positive things about yourself daily	Stretch	Have fruits and vegetables daily	Sing
Dance	Take up a new hobby	Drink water daily	Yoga	Exercise

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Write in a journal	Yoga	Breathing Retraining	Say positive things about yourself daily	Do puzzles
Take a walk	Read	Get 7-9 hours of sleep	Sing	Cooking
Pray	Aromatherapy	FREE	Have fruits and vegetables daily	Stretch
Exercise	Use a budget book/planner	Drink water daily	Talk to a friend/family 2-3x a week	Dance
Self Care	Listen to music	Talk to staff about needs & concerns	Stress Ball	Think about happy memories

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Talk to a friend/family 2-3x a week	Have fruits and vegetables daily	Write in a journal	Exercise	Take a walk
Take up a new hobby	Talk to staff about needs & concerns	Yoga	Say positive things about yourself daily	Cooking
Stretch	Breathing Retraining	FREE	Pray	Get 7-9 hours of sleep
Listen to music	Self Care	Dance	Aromatherapy	Use a budget book/planner
Think about happy memories	Stress Ball	Read	Sing	Drink water daily